



A fleet of buses bound for ORGDP

UNION  
CARBIDE

# Nuclear Division News

• Vol. 11/No. 7 • April 3, 1980

## Y-12 gets first employee-owned bus line

It's called the Toonerville Trolley, and it's another employee-owned bus on the roads!

Ray Erwin, Research Services, is the first Y-12er in the busing business. (There are 10 buses running to ORGDP, last count!) Erwin operates a bus from Lenoir City to all portals at Y-12 with the exception of East Portal. "May add that one when we start picking up passengers at Loudon," Erwin says.

He began his business with the purchase of a 41-passenger model from Trailways. The sleek liner is air-conditioned, has reclining seats...the works.

"So far we have 15 passengers, will probably fill 'er up when we extend our route," Erwin says. He makes four stops in Lenoir City at present. The trip entails 52 miles of travel one-way (more with Loudon is added to the list.)

"Look at Jack Skinner's situation," Erwin says. "His car insurance was reduced because he takes the bus. There's more savings to this than

people think. Their immediate concern is the high price of gas...and the fact that it is going higher. But there are other considerations."

There are several things one has to know before going into the bus business. First, there's the acquisition of the vehicle...no easy task these days with interest rates what they are.

Then you have to get permission from the Public Service Commission...plus an O.K. from bus companies who serve the same area. There's a special chauffeur's license, there's insurance for the vehicle and passengers, among other things.

There are special places for buses in the parking lots, since they occupy more space than the normal sized car. (Security in each plant will be able to help here.)

Then there's the problem of getting a bus load of people.

The *Nuclear Division News* will advertise for bus riders (see our column on page 8.) Too, there's word-

of-mouth, sometimes called the best advertising in the world.

Also, each plant has at least one person to assist in car pooling. Just give them a ring for additional information. They'll match you up computer-wise with others in your

vicinity, shift, plant, etc. for connections on sharing-the-car. The four-plant coordinators are: Y-12—Billy T. Hicks, extension 4-1555; Paducah—Ralph Fenton, 271; ORNL—Gerry Johnson, 4-4379; and ORGDP—Milton Childress, 4-8595.

19 3461



**ALL ASHORE**—Passengers unload at Y-12 after their bus trip from Lenoir City. Employee-owner Ray Erwin, right, becomes the first Y-12er in the bus business, joining 10 from ORGDP. (One is planned for ORNL in June.) From left are passengers Glen Monger, Susan Soutards, Bobbie McClure, Jack Skinner and owner Erwin.

### In this issue...



A total of 150 Nuclear Division employees ran in the second annual Road Runner competition recently at the Carbide Park. Pictures on page 6.

#### Other features:

- Y-12 promotions .....page 2
- Question Box.....page 3
- Paducah poet.....page 5
- Medicine Chest.....page 7

1744-80



# Anniversaries

## Y-12 Plant

35 YEARS

Lonnie C. Nelson, Maintenance; Spears Vavalides, Beta 4 Forming; and Charles D. Maberry, Product Engineering.

30 YEARS

Ben W. Coward, Materials Forming; and Gordon W. Brewer, Production Coordination.

25 YEARS

Benic P. Hampton, Mary C. Wright, Elmer D. Lay and William W. Randles.

## ORNL

35 YEARS

James R. Rule, Health Division; and Patricia R. Mrae, Analytical Chemistry.

30 YEARS

Jack C. Ogle, Metals and Ceramics; William L. Carter, Chemical Technology; and James W. Woods, Engineering Technology.

25 YEARS

Claud W. Clark Jr., Donald L. Aubuchon, Charley F. Mounger, Billy J. Ward and Hobart Keating.

20 YEARS

William L. Carrier, Gladys M. Sherrod, Oscar M. Jones, Lawrence W. Weston, Harrell E. Reesor and Howard L. Barnawell.

## ORGDP

35 YEARS

James P. Hughes, Technical Services; Ezra F. Davis, Maintenance; Ruby A. Wilkerson, Security and Plant Protection; Eugene B. Alley, Technical Services; Kattie B. Harris, Maintenance; Lillian G. Orme, Plant Managers; Claude T. Miracle, Maintenance; Earl Hembree, Maintenance; and Elva B. Crowder, Auditing.

30 YEARS

James C. Suddath, Separation Systems; William R. Smith, Engineering; and Allen H. True, Engineering.

25 YEARS

Robert G. McMillian.

20 YEARS

Wayne C. Lyon, Barbara S. Carmack, Jerry K. Upchurch, Roy K. Campbell and Gladys D. Manis.

## PADUCAH

20 YEARS

Virgil R. Osborne.

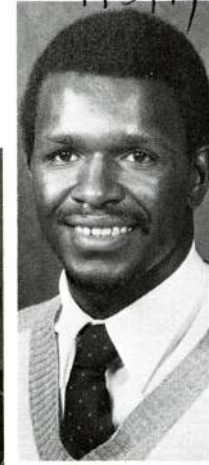
# Y-12 promotes Boals, Evans, Johnson, Robertson, Stone



Boals



Evans



Johnson



Robertson

Five promotions have been announced in the Y-12 Plant. Robert C. Boals has been named an accounting analyst in Product Engineering and Scheduling; Harry J. Evans a supervisor in Metal Preparation; Wallace R. Johnson a receiving and shipping foreman and Bill B. Stone a materials supervisor, both in the Materials and Services Division; and Jerry W. Robertson has been promoted to a radiographer in Production Radiation Testing.

Boals, a native of Humboldt, has a BS in industrial management from Tennessee Technological University and an MBA from the University of Tennessee. He joined Union Carbide in 1976 at ORGDP, transferring to Y-12 in 1978.

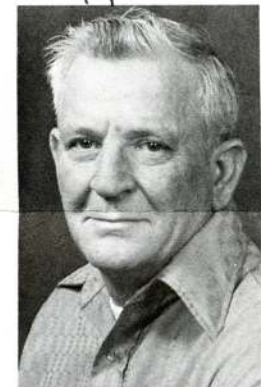
He and his wife, the former Brenda Bolin, live at 119 Outer Drive, Oak Ridge.

Evans was born at Hiwassee, N.C., and joined Union Carbide in 1970. He worked with Building Service and Maintenance Company and C. B. Atkins before coming to Y-12.

He is married to the former Burnetta Byrd. The couple lives at 106 Ithaca Lane, Oak Ridge, with their two daughters, Debra and Tammy.

Johnson was born in Athens and holds a BS degree in business management from Cooper Institute. He joined Union Carbide at ORNL in 1967, transferring to Y-12 in 1969. He is a veteran of the U.S. Army and served in Vietnam.

He and his wife, the former Helen Calhoun, live at 3830 Selma Avenue, Knoxville. They have four children, Tanya, Deborah, Wallene and Rosalind.



Stone

Stone was born in Rockwood and joined Union Carbide in 1951. Prior to that he operated a service station.

Mrs. Stone is the former June Phillips, and the couple lives at 302 South Ridge Avenue, Rockwood. They have two children, David and Sandra Morris.

Robertson was born in Joak Ridge and joined Union Carbide in 1977 after serving as a U.S. courier.

He and his wife, the former Shelia Patterson, live at 141 West Gettysburg Avenue, Oak Ridge. They have one child, Stephanie.

# Retirements



Jotty F. Winesette  
Enrichment Technology  
ORGDP  
29 years service



William H. Guy  
Maintenance  
ORGDP  
35 years service



William H. Davy  
Engineering  
ORGDP  
34 years service



James D. Bowers Jr.  
Computer Sciences  
ORGDP  
36 years service



Charlotte Goley  
Maintenance  
ORGDP  
32 years service



James A. Cain  
Plant and Equipment  
ORNL  
33 years service



Paul M. Lantz  
Health and Safety  
ORNL  
33 years service



Billy J. Robbins  
Finance, Materials &  
Services, ORGDP  
26 years service

# Safety Scoreboard

Time worked without a lost-time accident through March 27:

ORGDP .....	52 Days	1,672,947 Employee-Hours
ORNL .....	155 Days	3,496,061 Employee-Hours
Paducah.....	308 Days	3,344,000 Employee-Hours
Y-12 Plant.....	114 Days	3,801,000 Employee-Hours



## Question Box

# Salary delays, minority hiring

### Salary delay

**QUESTION:** Why are increases for the weekly salaried employees being delayed?

**ANSWER:** The Council on Wage and Price Stability did not issue guidelines for the October 1, 1979, to September 30, 1980, period until March of this year. As a result, our nonexempt salary planning, which normally would have occurred in the last quarter of 1979, has just gotten under way. We hope to be in position to have the program in operation by May. Increases will be made effective at the same time that would have been the case if there had not been a delay. If problems develop meeting this schedule, employees will be advised.

### Y-12 hiring policy

**QUESTION:** Some corporations have been investigated for not hiring enough blacks. Investigations also show failure to recognize them for promotions. Is it true that blacks have asked for the same type of investigation to be made at Y-12?

**ANSWER:** Goals to hire and to promote minorities and women are set every year in the four Nuclear Division installations. Hiring goals are based on the availability of minorities and women in the work force to perform the kinds of jobs for which there are openings in the Nuclear Division. Promotion goals are set in proportion to the representation of minorities and women in each job group in each division. For example, if 8% of all Math/Statistics Technicians are minorities and 40% are women, minorities and women should earn respectively 8% and 40% of the promotions during the year.

Progress in meeting hiring and promotion goals for minorities and women is carefully monitored by the Affirmative Action Organization at each installation. While the minority population in the Oak Ridge-Knoxville area is 7.4%, 12.6% of all the new hires at the Y-12 Plant (about which this question is directed) were minorities. In addition, both minorities and women earned at least as high a percentage of the total promotions as the percentage of their representation at the Y-12 Plant.

### Softball policies

**QUESTION:** A rumor is going around that Carbide is going to change its policy next year on mixed softball leagues. If this is true, why?

**ANSWER:** No decision has been made as to whether Carbide will make any changes in next year's softball leagues. Before any changes are made, there will be a meeting of the managers where they will have the opportunity to make suggestions. Where possible and within reason, the league rules will be governed by

the wishes of a majority of the managers.

### Telephone use

**QUESTION:** Why has the Knoxville line been removed from some phones in the Dispatching Department in Y-12 and allowed to remain on other phones throughout the other Carbide plants?

**ANSWER:** Excessive calls not related to Company business were being made from the phones in question. A review indicated that business requirements could be met without having the Knoxville line on these phones. The telephone system throughout the Nuclear Division is being evaluated on a regular basis, and corrective action is taken as needed.

### Vagueness of question

**QUESTION:** Does anyone in supervision have authority to change, cancel, or otherwise tamper with benefits provided for by corporate policy?

**ANSWER:** Because your question is written in such general terms, we cannot provide you with a meaningful response. If you can be more specific, please resubmit your question.

## Oliver learns safety has practical application

Tommy Oliver isn't one of those who thinks safety meetings and safety reminders are a waste of time. Oliver, an employee in Paducah's Power, Utilities and Chemicals Division's laundry department, recently relied on two concepts reported at plant safety meetings. His utilization of the concepts possibly resulted in the saving of two lives—his own and that of his mother-in-law.

Late last year, Oliver returned to his home on a Sunday morning after working a midnight shift. He accompanied his family to Sunday school, then left them at church and returned home to go to bed. Oliver had been sleeping for some 20 minutes when his barking dog awoke him. He found the room filled with smoke.

"For some reason, I just immediately thought of a safety meeting when they said to crawl on the floor to escape from a smoke-filled room," Oliver explained. He rolled out of bed and crawled approximately 45-50 feet to the front door of his mobile home. Shortly after Oliver's escape, the mobile home exploded.

A few weeks later, having moved his family into his mother-in-law's home, Oliver found himself in another tense situation. In preparing a noon meal, his mother-in-law had nibbled as she cooked and suddenly found she had caught a piece of food in her throat. Since she was unable to

make any sounds, several family members did not realize the danger.

Oliver immediately recalled a film he had seen at the plant explaining the Heimlich Maneuver. "I had never tried to do it, but I could see that she was turning blue and couldn't breathe and I knew I had to do something," Oliver said.

He performed the maneuver four times before his mother-in-law expelled the particle. "By the time it came out, she was nearly limp," he said. Oliver recounted his tremendous sense of relief after the incident. "It was almost like I reacted without thinking—it all happened so fast," he added.

Members of Paducah's Safety Department would like to find other employees who may have benefitted from their participation in safety meetings or programs at the plant. This information could be used to evaluate the practicality and selection of safety meeting topics. A video tape program highlighting these situations is also planned.

If you or one of your fellow workers have had an experience which was somehow influenced by safety information gained on the job, please call Michael J. Mazzone at Bell 238; PAX 386 or 409.



**SHARING HIS EXPERIENCE**—Tommy Oliver, right, shares his two "close calls" in the past few months with his supervisor, D. K. Riley. Oliver is now making plans to build a home for himself and his family after losing his mobile home in a fire late last year. He credits the plant's safety program for his instant reaction in that and another potentially fatal incident.

## Savings Plan-Personal Investment Account

Note: Fixed Income Fund unit values reflect interest additions to achieve the guaranteed effective annual interest rate of 9.1% for 1980. Union Carbide stock values are the average cost of stock purchased during the month. Equity Investment Fund unit values represent the month-end market value of securities held by the Fund. The price of each unit is determined by dividing the total value of the securities by the number of units in the Fund.

	Fixed Income Fund	UCC Stock	Equity Investment Fund
December 76	13.0553	59.2723	8.8166
December 77	14.2017	40.9096	8.0427
October 79	16.6451	40.7645	9.4576
December 79	16.8967	41.4300	9.9507
January 80	17.0206	44.1851	10.4237
February 80	17.1501	43.2605	10.4764

## News About People



Scott

Charles D. Scott, associate director of ORNL's Chemical Technology Division, has been elected a fellow of the American Institute of Chemical Engineers. He is recognized for contributions to the development of separation systems and analytical instrumentation. A member and former director of the AIChE Knoxville-Oak Ridge section, he was named that section's "Engineer of the Year" in 1975. He has also received four national "I-R 100" awards, presented by the magazine *Industrial Research/Development*, for his work on advanced analytical systems and process developments.



# Nuclear Division entries named winners by STC

A number of Nuclear Division entries in the 1980 publications competition sponsored by the East Tennessee Chapter of the Society of Technical Communication received awards recently at a joint banquet with the local chapter of Industrial Graphics International.

Winners included:

Annual reports - second prize, ORNL Program Planning and Analysis Office and Technical Publications Department and Donna Griffith, "1978-1984 Institutional Plan."

Bulletins and brochures - first prize, ORNL Technical Publications Department, Bonnie Talmi and Tykey Truett, "ORNL Technical Information Center Program"; also, ORNL Library System Staff and Technical Publications Department and Donna Griffith, "The ORNL Library System and You"; second prize, Joe Gollehon and Bill Clark, "Science and Engineering at Oak Ridge"; and third prize, Ruby Miller and Bill Clark, "Environmental Sciences at Oak Ridge National Laboratory."

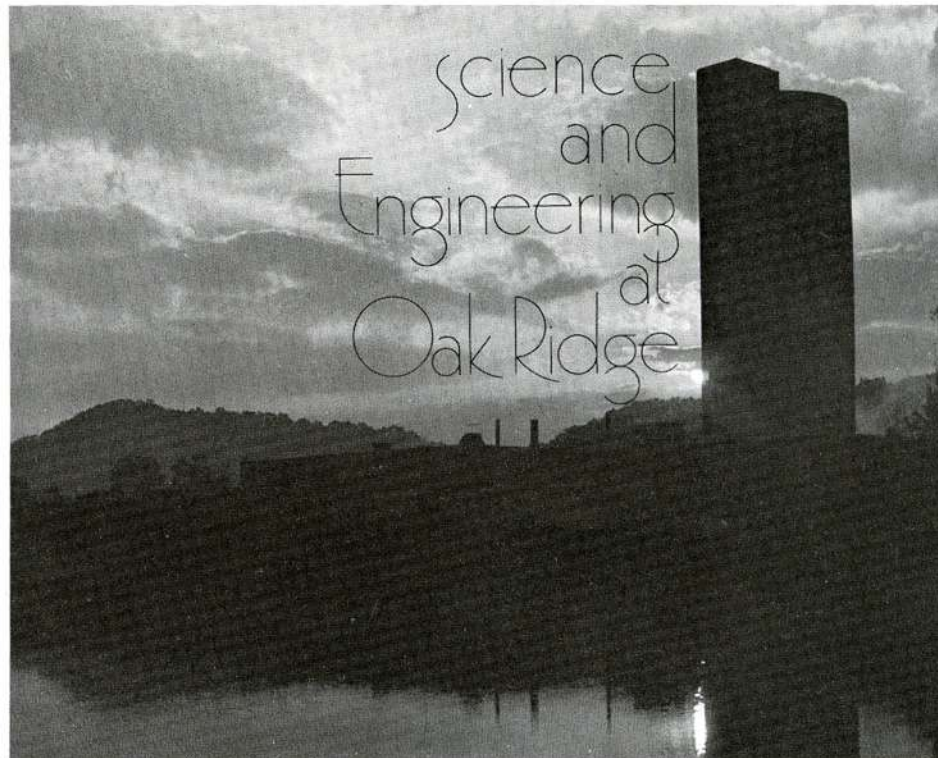
Compilations and bibliographies - second prize, ORNL Engineering Technology Division Publications Office and Bill Cottrell, "Nuclear Safety (20.2 and 4)"; second prize, ORNL Chemical Tech-

"Bibliography of Microfiched Foreign Reports Distributed Under the NRC Reactor Safety Research Foreign Technical Exchange Program, 1978."

Handbooks and manuals - first prize and Best-of-Show Award, ORNL Technical Publications Department, ORGDP Master Planning Team, John Waggoner and landscape architects Royston, Hanamoto, Beck and Abey, "ORGDP Site Planning"; second prize - Jackalie Blue and Judith Arehart, "A Pocket Reference of Energy Facts and Figures"; third prize, ORNL Health Division, Laboratory Protection Division and Technical Publications Department and Donna Griffith.

House organs - second prize, Barbara Lyon and Carolyn Krause, "ORNL Review, Spring 1979"; third prize, ORNL Program Planning and Analysis Section and Publications and Visual Arts Section, "ORNL Direction 1979-84"; fourth prize, Barbara Lyon and Carolyn Krause, "ORNL Review, Winter 1979."

Journals - first prize, ORNL Engineering Technology Division Publications Office and Bill Cottrell, "Nuclear Safety (20.2 and 4)"; second prize, ORNL Chemical Tech-



nology Division and Fred O'Hara, "Coal Liquefaction Advanced Research Digest."

Journal articles and conference papers - first prize, J. E. Hobst, "The Aerial Measuring Systems Program" in "Nuclear Safety"; second prize, H.R. Meyer, J.E. Till, E.S. Bomer, W.D. Bond, L.E. Morse, V.J. Tennery and M.G. Talcintas, "Radiological Impact of Thorium Mining and Milling" in "Nuclear Safety"; also, John McBride, R.E. Moore and Catherine Shappert, "Radiological Impact of Airborne Effluents of Coal and Nuclear Plants" in "Science"; third prize, S.M. Adams and R.B. McLean, "Unique Ecological Impacts Associated with Offshore Floating Nuclear Power Plants" in "Nuclear Safety"; fourth prize, M.O. Krause and C.W. Nestor, "Comparison of Experimental and Theoretical Binding and Transition Energies in the Actinide Region" in "Symposium on Electron Spectroscopy"; also B. Zane Egan, Charles D. Scott and Martha Stewart, "Let Hydrogenase Do It" in "CHEMTECH."

Newsletters - first prize, LaRue Foster, Lynda Lewis and Joanne Gailar, "Lab News, August 1979"; third prize, LaRue Foster, "Lab News, February 1978."

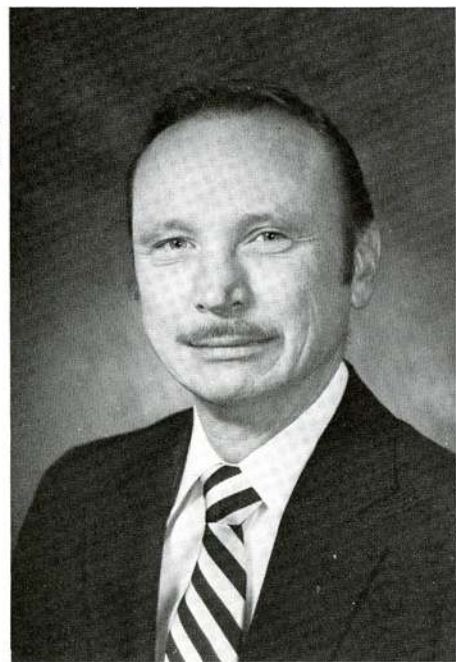
News articles - first prize, LaRue Foster, "Accident at Three Mile Island: How ORNL Responded"; second prize, Carolyn Krause,

"Ductile Ordered Alloys: Materials for Advanced Energy Systems?"; and third prize, Carolyn Krause, "Enzymes, Plants, and Drugs"; all in 1979 issues of "ORNL Review."

Periodic progress reports - second prize, Bill Lyon and Irene Brogden, "Analytical Chemistry Division Annual Progress Report of 1978."

Topical reports - first prize, ORNL Technical Publications Department, Dick Rush, A.J. Shelton and J.L. Rich, "Final Environmental Statement Related to Construction of Greene County Nuclear Power Plant"; second prize, ORNL Technical Publications Department, Katherine M. Samuels and R.K. Kibbe, "Proposed New Initiatives in Research, Development, and Demonstration for Light Water Reactor Safety and Technology"; third prize, Anna S. Hammons, John S. Drury and Carol B. McClothin, "Investigations of Selected Environmental Pollutants: 1,2-Dichloroethane"; fourth prize, K.B. Franz, Cresson Kearny and AnnaJo Shelton, "Maintaining Nutritional Adequacy During a Prolonged Food Crisis"; also, ORNL Information Center Complex, Carol McClothin and Maureen Hafford, "Reviews of the Environmental Effects of Pollutants: Cyanide"; also, ORNL Information Center Complex, L.F. Truett and Maureen Hafford, "Reviews of the Environmental Effects of Pollutants: Beryllium."

## Kruzic named to Fusion post



Victor C. Kruzic

The appointment of Victor C. Kruzic as head of the Management Services Section in ORNL's Fusion Energy Division has been announced by O.B. Morgan, division director.

The section performs general management functions for the Fusion Energy Division. Kruzic will coordinate activities in the areas of financial and personnel management, general administration, and engineering services for division facilities. In addition, he will supervise the division's management

information system and editing and library services.

Kruzic succeeds Robert H. Dilworth, who will be assisting Morgan as a consultant on management problems and studies.

A native of Gary, Ind., Kruzic holds a BS degree in marine engineering from the U.S. Naval Academy and an MBA degree from National University, San Diego, Calif., and has done graduate work in labor-management relations. He comes to the Nuclear Division from California, where he most recently served as director of engineering systems training for the U.S. Pacific Fleet in San Diego. Before that he had served the fleet for seven years in San Diego and Long Beach as manager and coordinator of ship overhauls and repairs.

Kruzic was previously head of program development for International Logistics (military assistance) in the Office of the Chief of Naval Operations in Washington, D.C. He is a member of the Industrial Relations Research Association and served on the board of directors of the National University Alumni Association.

Kruzic lives at 116 Tucker Road, Oak Ridge, where he will be joined in June by his wife, Nancy, and their four children.

UNION  
CARBIDE

### Nuclear Division News

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NUCLEAR DIVISION  
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Darlene Mazzone, Bell 208





## Paducah's Brenda Howard shares feelings through poetry

*"I open up by writing verse, my feelings I can share, I write about a lot of things, How I feel and how I care."*

Words from this poem by Brenda Howard, a secretary in Paducah's Fire and Guard Department, sums up her explanation for writing. "Somehow it's easier to say the things I want to say by writing poetry," she says. "It's easier to get on my soapbox that way."

Howard has been writing since she was a child, but only started keeping her poems about a year and a half ago. Since then she has written over 130 and has sold seven, as well as a short story to the *Christian Singles* magazine.

Inspiration for her verse comes from daily living and personal experiences. The range of titles found in her poetry portfolio reads somewhat like a chronology of living, eliciting in her readers feelings and sensations which they may have felt in their own lives as they experienced similar joys, disappointments, and conflicts.

As a divorced mother of three, Howard feels her perspective and personal outlook have changed as a result of the succession of events in her life. Through her poetry, she has been able to share a new sense of self-confidence and self-reliance. On learning about herself as an individual, Howard writes, "Two people inside of me, Each of them wanting to be, One wants to be taken care of, One just wants to be free." and "There are just so many people, wrapped up inside of me, Sometimes I get so confused, Deciding which 'me' I will be."

On rearing children alone, she writes, "A home with only one parent, Is just as much a home, As many I've seen with a Mom and Dad, And much better than many I've known." Another reads, "The older she gets, the more I can see, Just how much she misses her Dad, She wanted to love him, she needed him,

*But he's missed a lot too, and it's sad."*

Howard explains her poetry is most often written on the spur of the moment. "I may write four or five at a time, depending on my mood and frame of mind," she says. "The religious verses are the easiest to write." She also writes poems on request for birthdays or special occasions, although she finds these more difficult.

"Some of the ones I like the best are funny ones about the kids," she says. A poem entitled, "Kids, Kids, Kids" includes a verse which reads, "They change their clothes three times a day, Get most of their dirt on the towel and tub, Mess up the bed and drag out more toys, Don't like the food they drop on the rug."

But most of the poetess' matched phrases find their basis in deeply felt principles and sincere concerns for her own personal relations and the interaction of people as a whole. The "poetic soapbox" she claims as her own may attack anything from prejudice to voter apathy to her own personal impatience. A poem called "Labels" portrays the destructive effect of putting people in categories. It reads, "They never stop to consider, That each is unique within, They don't see the harm in their labels, Or the damage that's done by them." Or they may point fingers of truth at common complaints; "We talk about this generation, Their actions, beliefs and their ways, They have no respect, no morals, But who raised these kids of today?"

Although Howard is serious about her poems, in comparison with published poetry and well-known works, she feels hers are not the same thing. "Mine are just plain talk," she commends. "I don't always know from where, The words just seem to come, I just start telling you how I feel, And another verse is done."

—Brenda Howard

### LOOKING

I guess I am still looking,  
For things I cannot see.  
Trying hard to look inside,  
The person inside me.

It takes a lot of living,  
And I've only just begun.  
But when I reach the end I hope,  
God says, "A job well done."

To give my life meaning,  
To make my mark one day.  
I'd like to hear them say of me,  
She found the "better way—"

With God's help I can do it,  
With God's help when I'm done,  
He'll tell me I did well in life,  
Now welcome home, my son.

—Brenda Howard



### Top Photo:

**SEVEREST CRITIC**—Brenda Howard says her son Bryan appreciates her poetic skill and also proves to be her most severe critic.

### Photo at right:

**KITCHEN CONCLAVE**—The Howard kitchen proves a popular gathering spot as Brenda, Michele, Christy and Bryan discuss the day's events.



# Union Carbide Road Run held

The following are the winners in the Four Mile Road Run that was held on Saturday, March 22, 1980, at Clark Center Recreation Park.

## MEN

### 29 and Under

1. Pat Mulholland
2. Marc Lambo
3. Matthew Kelleher

### 30-39

1. Rich Alderfer
2. Steve Mays
3. Darryl Downing

### 40-49

1. David K. Cox
2. Jim Thompson
3. Gus Aramayo

### 50-59

1. E.L. Nicholson
2. Clark Bridgman
3. C.D. Hylton

### 60 and Over

1. Jack Terrell
2. Fred Tredinnick
3. John Carpenter

## WOMEN

### 29 and Under

1. Jane Edwards
2. Becky Jennings
3. Carol E. Wade

### 30-39

1. Kathleen Ambrose
2. Mary Anna Bogle

### 40-49

1. Wendy Williams
2. Peggy McNutt
3. Mary Whitten



## Tee-Off Time Application for

April 26, 1980



- ☐ ORGDP—Whittle Springs  
☐ Y-12—Cedar Hills  
☐ ORNL—Southwest Point

Foursome will Ride  
Yes ☐ No ☐

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_ LEADER

PHONE \_\_\_\_\_  
BLDG. \_\_\_\_\_  
TEE-TIME \_\_\_\_\_

Foursomes that ride carts will receive earlier time  
COMPLETE AND RETURN TO THE Y-12 RECREATION OFFICE  
BUILDING 9711-5, MS-001  
Entries must be received prior to drawing on April 23, 1980.

Tee-off times for all tournaments will be drawn on Wednesdays prior to each Saturday's tournament. Golfers are responsible for reserving their own carts by contacting the pro shop following drawing for tee-off times. The leader ONLY for each foursome should call the Recreation Office, 4-1597, after 3 p.m., Wednesday for your time.



# Annual 'Walk for Mankind' scheduled for April 19

The 1980 Walk for Mankind has been set for Saturday, April 19. This year's walk will again cover a 20-mile route that will begin and end at the Oak Ridge Civic Center.

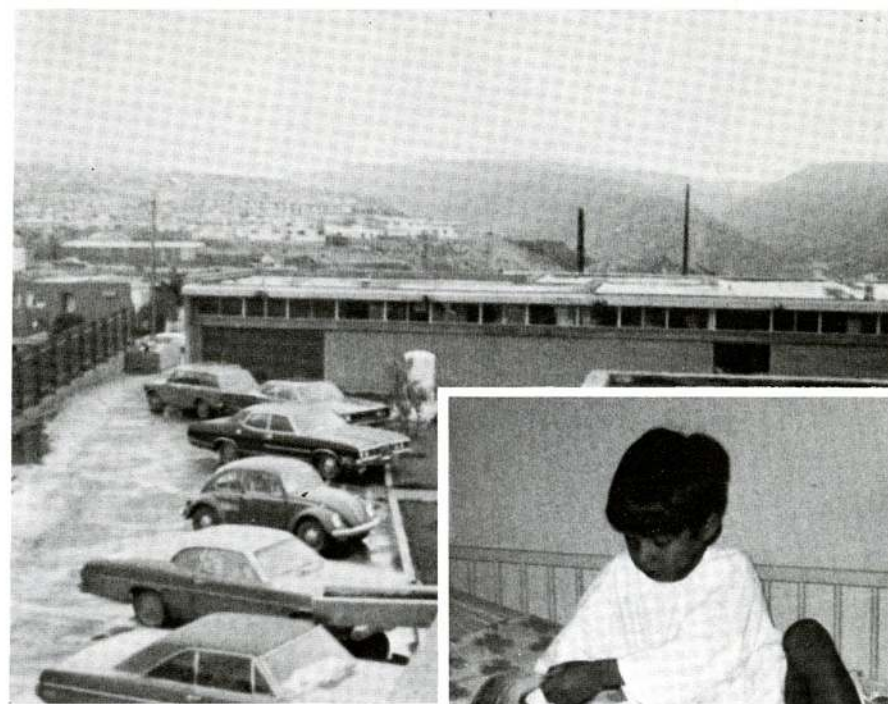
The walk, which has become a tradition in Oak Ridge and in many cities across the nation, raises funds for Project Concern's international medical and dental hospitals and clinics. Last year, Walks for Mankind in 125 cities around the country raised some \$3 million.

"On April 19, participating walkers will take a step that will benefit both local and international programs," said Dick Davis, ORNL Energy Division, who is walk director. A Nuclear Division retiree, George Charles, is assistant walk director, and Brendon Kirby, Computer Sciences Division, is treasurer. Among those on the walk committee

are ORNL retiree Chris Keim and Mayo Uziel of the ORNL Biology Division.

Project Concern is a nonprofit health organization that provides treatment, education and supplies for 1.5 million of the world's indigent people. Through the Walk for Mankind, Project Concern can reach a child in Hong Kong, a mother in Guatemala, a baby in Bolivia or a blind boy in Appalachia.

Dental and health care services in several East Tennessee and Kentucky counties are also supported in part by Project Concern's fundraising programs. Last year, the Oak Ridge Walk for Mankind raised \$17,000 for Project Concern. Local community groups in the Oak Ridge area also raised approximately \$3,000 for local charities.



**ASSISTED BY "WALK"**—The Walk for Mankind program provides aid to hospitals, like this Project Concern facility in Tiajuana, and patients, like this young Mexican boy (inset).



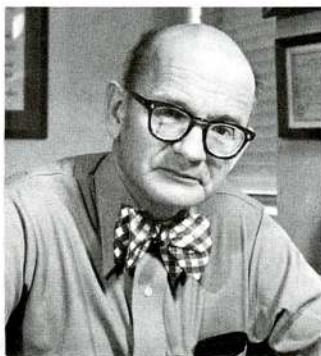
**QUESTION:** "Would you discuss hernias? Please include surgical procedures, recovery, etc."

**ANSWER:** By far the most common hernia is the inguinal hernia or groin rupture. Probably well over 500,000 repairs are performed in the United States each year. This type of hernia may occur at any age but is more common, at least in males, at or soon after birth and after age 40.

A little more than half of inguinal hernias in adults are of the indirect type. Because of a congenital weakness in the abdominal wall, these hernias follow the same route as the testicles did before birth and descend through the inguinal canal into the scrotum. In women, the weakness is less important, and a similar pathway does not exist, so these hernias are much less common.

Direct inguinal hernias occur less frequently and are more common in men, especially after age 40. They appear to be caused primarily by a developing weakness in the abdominal wall. The rupture occurs in the connective tissue near the inner ring of the inguinal canal. These hernias usually do not get as large as indirect hernias and do not descend into the scrotum.

Even though everyone has a weak area in the lower abdominal wall, the lower abdominal muscles protect this weakness during lifting and help prevent the occurrence of hernias. The action of these muscles is called the "shutter mechanism." When the muscles are relaxed, there is an opening, or "window," between their lower border and the inguinal



## Medicine Chest

### Hernias-types and treatment

by T. A. Lincoln, M.D.

ligament, which is protected by only a thin sheet of connective tissue called fascia. During weight lifting, the muscles normally close over this window like a shutter to protect it. If this shutter mechanism is not adequate, the fascia eventually gives way. Each time a person lifts or strains, the bowel is pushed against the abdominal wall, gradually forcing it through the window and causing the hernia.

Occasionally, the first awareness of a rupture occurs after a heavy lift. A tenderness and soft bulge is felt in the groin. More often, the hernia develops quietly and is first noted during bathing or a routine physical examination. Hernias may occur in people who never do any strenuous lifting. When the weakness is present, wear and tear, aging and obesity are predisposing factors.

Some readers may be surprised to learn that traditional methods of hernia repair have varied little since the first adequate operation was performed in 1884. Bassini, the surgeon who developed this operation, noted a recurrence rate of well below 10 percent in his patients after five years. Plastic mesh is now frequently used to reinforce the repair, and recurrence rates have been lowered to less than 5 percent.

It has clearly been established that "healing" does not provide strength in a hernia repair. Healing is a slow process that requires several months, and it alone provides only 40 percent of normal tissue integrity after two months. By using plastic mesh and non-absorbable sutures, 70 percent of normal tissue strength is assured immediately after the operation.

Dr. Irving Lichtenstein and his associates at the Mount Sinai Medical Center in Los Angeles have reported a recurrence rate of only 0.9 percent after 2,000 hernia repairs, despite immediate postoperative resumption of normal activity. Only those who are "squeamish" about a little discomfort need to stay overnight.

In a recent study in Sweden, it was estimated that 90 percent of the approximately 20,000 elective herniorrhaphies performed each year could be done in the outpatient

department. ("Elective" means that they are done at a convenient time, unlike emergency surgery that occurs when the bowel gets tightly trapped in the hernia, causing severe pain and tenderness.) One British surgeon recently went so far as to claim that a simple hernia repair should not be more painful, more difficult or more dangerous than many dental extractions.

The American tendency has been to be extremely conservative. Patients are encouraged to receive the luxury of hospital care before and after surgery. With the high cost of health care, this luxury may have to be eliminated. It is really not a sacrifice. Patients who have had an out-patient hernia repair appear to get back to normal more quickly than those who insist on being waited on in the hospital or who are fearful that activity will cause a recurrence. The key to success is the way that the hernia is repaired, not the length of inactivity or the healing process.

Obviously, older patients or those with chronic respiratory or heart disease have to be treated more conservatively. People under 45 and in good health should experience remarkably little discomfort or disability after an elective hernia repair. However, lifting heavy objects may need to be avoided for four to six weeks.

\*

(Editor's Note: Dr. Lincoln alternates his regular column with "The Medicine Chest," where he answers questions from employees concerning health in general. Questions are handled in strict confidence, as they are handled in our Question Box. Just address your question to "Medicine Chest," NUCLEAR DIVISION NEWS, Building 9704-2, Stop 21, Y-12, or call the news editor in your plant, and give him or her your question on the telephone.)





**INSTRUMENTATION AND CONTROLS DANCE**—Shown at the recent ORNL Instrumentation and Controls Division dinner and dance are, seated from left, Jack and Mary Ann Davidson and Jean Hill. Standing are Margaretta and Manfred Kepp.



**PARTY TIME**—Other guests at the I&C dinner and dance included, from left, Dixie and Al Johnson and Libby and Bill Hamel.

## Save Energy. . . Share The Ride

### ORGDP

**BUS SERVICE** from Oak Ridge to Portals, 2, 4, 5 and 6...serving most residential areas on north side of the Turnpike, between New York and Montana. Dennis Hibben, plant phone 4-8300, home phone Oak Ridge 482-4139. 7:45-4:30 shift.

**RIDERS** from Eaton Crossroads area, to Portal 5 and 6. Paul Rutter, plant phone 4-8297.

**BUS SERVICE** from Kingston, Midtown and Harriman to Portal, 2, 4, 5, 7 and 9, straight day. R. K. Hull, plant phone 6-0204, home phone Harriman 885-5618.

**FOURTH CAR POOL MEMBER** from Walker Springs Road (West Bridge Apartments) area to Portal 2, 7:45-4:15 shift. Plant phone 5-0505, home phone Knoxville 690-9445.

**RIDERS** from Gallaher View and Gleason Roads, to Portal 2 or 4, straight day. Home telephone 691-1387.

**ATTENTION WEST KNOXVILLE**—B & H Transit Inc., operating from West Knoxville to ORGDP is now making list for a second bus. This bus will be operating from West Town Mall. One bus will accommodate 7:45-4:15 employees and second bus for 8-4:30 employees. Buses will operate Portals 1, 2 and 4 only. Charlie Hinton, plant phone 6-0462, home Knoxville 693-7502; or Steve Buffalo, plant phone 6-7314, home Knoxville 690-5610.

**CAR POOL MEMBER** from Campbell Station Road to Portals 1, 2 or 4, 7:45-4:15 shift. Ved Gupta, plant phone 6-0180, home phone Knoxville 955-0860.

**RIDERS** from Norwood area, Oliver Springs. G.M. Epps, plant phone 6-0114; home phone 435-7067.

### Y-12 PLANT

**RIDE WANTED** from Family Inn, Gallaher Road (Highway 58) to Central Portal, 7:30 to 4.

W.A. Farmer, plant phone 4-7899, home Kingston 376-9916.

**JOIN CAR POOL** from Claxton, off Old Edgemore Road, to Biology Portal, straight day. Douglas Horning, plant phone 4-1261, home phone Powell 945-3653.

**JOIN CAR POOL** from Concord area, to Central Portal, G Shift. Danny Wright, home phone Knoxville 966-5228.

**RIDE** or will **JOIN CAR POOL** from West Knoxville, Pellissippi Parkway and I-40, to West Portal, straight day. David White, plant phone 4-3350, home phone Knoxville 966-1373.

### ORNL

**JOIN CAR POOL** from vicinity Fair Oaks or Hidden Hills subdivision (near Cumberland Estates), Knoxville; to any portal, 8-4:30. Robin Denning, plant phone 4-5851.

**CAR POOL MEMBER** from Windover Apartments area, West Knoxville, to any portal, 8-4:30. W. C. Hawkins, home phone 588-3014.

**JOIN CAR POOL** from Windover Apartments, West Knoxville, to any portal, straight day. Brian Worley, plant phone 4-6106, home phone Knoxville 584-6283.

**CAR POOL MEMBER** from West Town, Deane Hill Recreation Center, to 4500 or 7900 building areas. Emory Collins, plant phone 4-7071, home phone Knoxville 693-6578.

**RIDE NEEDED** from Oak Ridge Highway near Solway to East Portal. Prefer 8:15-4:15, flexible. Sig Peterson, plant phone 4-4483; home phone 690-3989.

**CAR POOL MEMBERS** from Howard Johnson's, West Town, Knoxville, to East and West Portal, 8-4:30. Home phone 584-2155; plant phone 4-4168.

**RIDE** or **JOIN CAR POOL** from West Beaver Creek Drive, Powell, to West Portal, 8-4:30. James Womac, plant phone 4-4116; home phone 947-9707.

**CAR POOL MEMBERS** from East Drive-Outer Drive area west to Georgia Avenue, Oak Ridge, to East Portal. Mildred Landay, plant phone 4-6176; home phone 483-5306, or Zane Bell, plant phone 4-6120; home phone 482-9570.

## John W. Avera joins ORNL Health Division staff

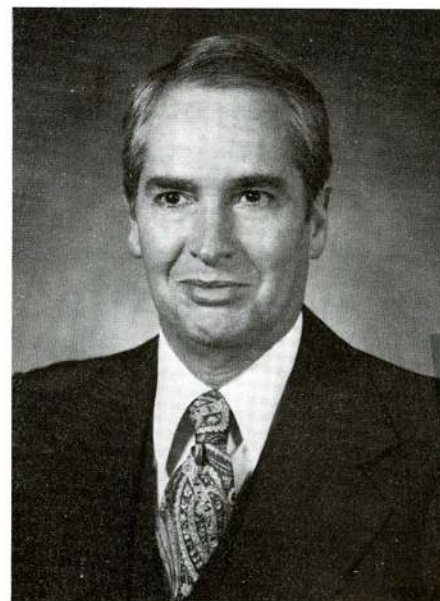
John W. Avera Jr., MD, has joined the ORNL Health Division staff. He has practiced internal medicine in Knoxville for 30 years.

A North Carolina native, Dr. Avera graduated from Wake Forest in 1940 and received an MD from Bowman Gray School of Medicine in 1943.

He is certified by the American Board of Internal Medicine and the American Board of Life Insurance Medical Directors and holds memberships in the Knoxville Academy of Medicine, Tennessee Medical Association and American Medical Association.

He is a fellow of the American College of Physicians and a member and past president of both the Knoxville Society of Internal Medicine and the East Tennessee Heart Association.

Dr. Avera served in the U.S. Army Medical Corps from 1946 to 1948, where he attained the rank of captain.



**John W. Avera Jr., MD**

He and his wife, the former Doris Smallman, live on Valencia Road in Knoxville. They have two children, Anne, also of Knoxville, and John III, of California.

## Division deaths



**Mr. Wilkes**

Oscar T. Wilkes, Maintenance Division at Y-12, died March 14 at a Knoxville hospital. He joined Union Carbide in 1969, after serving in the U.S. Navy.

Survivors include his wife, Nola Mae Whittaker Wilkes, Pleasant Hill Subdivision, Lenoir City; son, Charles; daughter, Sue Nell Fine; three granddaughters; his mother, Minnie Cox Wilkes; sister, Mrs. Louise Coats; brothers, Arvie and Everett Wilkes.

Funeral services were held at the Kingston Pike Baptist Church, and burial followed in Loudon County Memorial Gardens.




**Mr. Cabe**

Robert L. Cabe, a superintendent in the Utilities Department at ORGDP, died March 18 in Oak Ridge. A veteran of the U.S. Navy, he joined Union Carbide in 1945. He lived at 805 Brown Avenue, Kingston.

Survivors include his wife, Virginia Hembree Cabe, supervisor in the Mail Room at ORGDP; sons, Robert L. III and Wayne; daughters, Marlene Morton and Elizabeth Abels; step-daughter, Diana Ecklund; a brother, Jim; and four grandchildren.

Funeral services were held at Kyker's Funeral Home with burial in the Kingston Memorial Gardens.



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